



Wine Valley Press

SONS IN RETIREMENT WINE VALLEY BRANCH #149



State President Rich Carlson
Area 7 Representative Jerry Stabile

A non-profit organization for retired men
MEETS EVERY FIRST TUESDAY, 11:00 AM
ELKS LODGE NAPA

November 2025
VOLUME 46

Website: <http://branch149.sirinc2.org>

Facebook: <https://www.facebook.com/SIR-Branch-149-1403748883208712/>

MESSAGE FROM THE BIG SIR

NOVEMBER 2025 BIG SIR MESSAGE

We had a smaller turnout at our October luncheon meeting with only 65 Sir members in attendance. I know that our Roving Roosters were out of town on a planned event and hope to see all of you back for our November luncheon.

We installed 2 new members, Mike O'Toole and Steve Cuny at the meeting. Welcome Steve and Mike to Sir Branch 149. We look forward to getting to know you better and getting you involved in our various Sir activities.

Please don't forget to buy your tickets for the December 2, 2025 Holiday Dinner at the Elks Lodge. You can buy them at the November lunch or order them by contacting Bill Clark at 707 253-2477.

The November meeting is our last regular meeting of the year where we have an opportunity to invite neighbors, friends and acquaintances to join us for lunch and think about joining our Sir Branch 149. Growing our membership is a key goal for ensuring the longevity of Branch 149 and we need your help by regularly attending monthly lunches and inviting others who are not current members to think about joining Sir. So, if you have not been to a Sir luncheon in a while, it is time to invite a

new friend to accompany you and join us on November 4th for lunch and fellowship with old friends. We would love to see you. Thank You for your help.

Remember, invite a friend to join us for lunch and you will earn a free lunch in the future.

NOVEMBER 2025 BRANCH 149 SPEAKER .

Our November speaker will be Courtney Helmer, a Napa Physical Therapist, who works with Napa seniors. She comes highly recommended by fellow Sir members who have worked with her throughout Napa. **DON'T MISS THIS OPPORTUNITY TO GET INFORMATION ON STAYING MORE LIMBER AND HEALTHIER AS WE GROW OLDER.**

HOPE TO SEE YOU AT THE NOVEMBER LUNCHEON IN HONOR OF ALL OF OUR VETERANS WHO SERVED IN THE VARIOUS ARMED SERVICES.

Statistics

Current membership = 203

Number of Sirs September luncheon = 65

Number of guests at our September meeting=0

Number of new members 2025 16

Number of new applications 0

MENU: BAKED HAM & SCALLOPED POTATOES w/ VEGS.

MESSAGE FROM YOUR LITTLE SIR

I hope everyone enjoyed our October meeting and luncheon.

Our two guests Tracy and Melissa from Providence Adult Day Services covered a wide range of topics and I hope most everyone was able to pick up some of the printed information sheets they provided. If you still have any questions, please feel free to send me an email or call me at and I am certain I can find the information you're looking for. Our November meeting speaker will be Courtney Helmer/Harbarts, PT, DPT. Dr. Helmer practices here in Napa and her reputation as a physical therapist is known widely so get your questions or concerns jotted down for the Q and A. Courtney was recommended by one of our members and it's great when people suggest someone or something they are interested in hearing about; it makes the Little Sir Position more fulfilling.

December will be our annual Holiday Dinner, remember to get your tickets early !

Just around the corner is 2026 and our new Little Sir and I have put together a wonderful list of future speakers. Joining us next year will be Napa's new Police Chief, Fabio Rodriguez, 911 Dispatcher Jennifer McRoberts, A retired USAF Lt Colonel who flew among other things KC 135 Strato Tankers out of Travis AFB. Other guests will be Wendi Piscia from The Napa Humane Society joined by a therapy dog group representative.

See everyone at Novembers Luncheon!

Yours in Service,

Daniel Harder



Na-

COMFORT REPORT FOR THE OCTOBER NEWSLETTER

Leading off, I thank God that the results of my operation were very good. There was no cancer in my thyroid and basal cell (skin cancer) in my lymph node which hasn't spread. Feeling blessed.

Sir Dave San Fillipo is convalescing at the Napa Care Center on Villa Lane after a recent fall in his home. We wish Dave peace and comfort and a speedy recovery. Sir Steve Smith is still recovering at home from triple bypass surgery. He had a little setback with some fluid in the cavity near his lungs, so he has some difficulty breathing. We pray that the Doctors will correct that situation soon and that he continues to recover without any other setbacks. Hope to see Steve back with us soon. Please keep Dave, Steve and any other Sirs you know who are having medical issues in your thoughts and prayers.

God's blessings to all.

Sir Ron Irwin, Comfort Chairman

ACTIVITIES

Bicycling with SIRs Bill Shields & Chuck Youngson

Get your heart pumping, enjoy the fresh air, and share the road with friends — the **SIR Bike Riders** hit the trails **every Thursday**! Whether you're a seasoned cyclist or just dusting off your wheels, all levels of riders are welcome. It's a great way to stay active, explore beautiful routes, and enjoy the camaraderie of fellow SIR members.



For more information, contact: **Bill Shields** – bshields6@comcast.net | 707-287-1246



Bocce with SIR Mario Mazzoleni

📅 **Thursday is BOCCE Day!** 📅

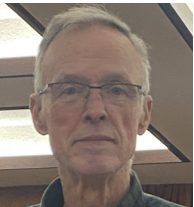
Join your fellow SIRS every **Thursday** at the **Bocce Pavilion, Napa Senior Center** for some friendly competition, laughter, and plenty of camaraderie. Whether you're a seasoned player or brand new to the game, bocce is easy to learn and a whole lot of fun! So dust off your throwing arm, bring your best aim, and get ready for a great time with friends. For more information, contact:

SIR Mario Mazzoleni – 1mariomazzoleni@gmail.com

📞 Call/Text: 707-227-8977

Book Exchange with SIR Bill Wheadon:

Bill and his colleagues have put together a **wonderful display of books for loan**, spread across several tables. The **Book Exchange Table** invites you to not only **borrow a book** but also **donate some of your favorites** to share with others! When our collection grows beyond the SIRS storage space, the overflow is donated to the **Napa Library** — and nearly every month we're proud to deliver a big box of books thanks to your generosity.



📅 **Special Bonus:** Your spouse or significant other is welcome to come before the meeting to browse and pick out books, too! For more info, contact **SIR Bill Wheadon** at 📞 707-224-3901.



CRIBBAGE WITH BOB BENNING

Our monthly **cribbage showdown** once again took place in my backyard at **2571**. And guess what? We're doing it again next month!

📅 **Date:** Next Month

📅 **Time:** 2:00 PM – 4:00 PM

📅 **Location:** Bob Benning's backyard (2571)

When you arrive, you'll see a lively mix of players spanning the full range of **skill and style** — from **expert rookies**.

📅 **Important Notes:** A **two-drink maximum** is in effect (and no, Pete, that does NOT mean two quarts of Jameson's Irish Whiskey!). By popular demand — and for **Fred Bond's benefit** — the **bring-your-own-alcohol rule has been reinstated**.

All are welcome, so dust off your cribbage board skills and come ready for laughs, cards, and camaraderie.

📅 **Please RSVP** 📞 Contact: **SIR Bob Benning** at 707-337-2614

Cards with SIR Bob Hairston

It's time to get your classic's out and enjoy our beautiful area. The second Sunday of each month is **Cars & Coffee** at the Napa Factory stores from 8 am to 10 am. At each SIRS meeting we will have updates to other events. For more information contact Dan McCabe 707-738-0842 or email djmccabe547@comcast.net



ROVING ROOSTERS

Roving Roosters last outing for the year was in Chico, CA.

One of the more fun things that the Roosters do is have a "White Elephant" gift exchange. SIR Carl Hammond's wife Linda was showing off her new gift of a Viking horned helmet that doubles as a holder for various libations.



NEWSLETTER



Please send any pictures, announcements, or items you'd like included in the upcoming newsletter to:

dkwonderful@gmail.com



Fishing

Depending on the crab count for the 25/26 season November 1st will open sports crabbing.

I have some tentative reservations on charters sailing from Spud Point at Bodega Bay.

The cost will be \$200.00 for a crab only trip, additional costs will be charged for cleaning and cooking if you would like that done at the harbor.

Some of our committee chairs



ACTIVITIES CHAIRMEN

Bicycling	Bill Shields	287-1246
Ass't.	Chuck Youngson	225-2814.
Bocce	Mario Mazzoleni	227-8977
Book Exch.	Bill Wheadon	224-3901
Cards	Bob Hairston	252-0252
Clasic Cars	Dan McCabe	224-6835
Ass't.	Dan Silveira	252-2284
Computers	Adrian Fenderson	479-4688
Cribbage	Bob Benning	337-2614
Events	Dan McCabe	224-6835
Fishing	Daniel Harter	637-3859
Golf	Weekly Gary Garver	
Monthly	Jim Keller	415 827-4904
Sec./Treas.	Jim Keller	415 827-4904
HNDGP.	Larry Timmer	252-8079
Area 7 Golf	Chairman	
	Jim Keller	415 827-4904
Trips	Dan McCabe	224-6835

Romeo John Lansingh **254-1056**
Travel Looking for a new chairman

RV's/Roving Roosters

Coordinator	David Dennis	392-8837
Theater	Bob Benning	337-2614
	Adrian Fenderson	479-4688

Veteran's Act

Walkers	Dave Henry	227-7413
Website	Adrian Fenderson	479-4688

Wine Tasting Chris Bailey 925 8904630

World of Beer Gary Toczylowski 510-507-6870

PAST BIG SIRS

1992	Lou Hughes	1993	F. Heid *
1994	W. Barber*	1995	T. Tomlinson*
1996	D. Gibson *	1997	P. Miller
1998	D. Westover *	1999	E. Coyne*
2000	B. Johnson *	2001	D. Newell *
2002	M. Jack *	2003	D. Brooks*
2004	K. Pieper*	2005	J. Gibbany*
2006	A. Brambrink	2007	T. Jensen
2008	E. Suden	2009	G. Greco *
2010	C. Harris	2011	J. Chandler
2012	D. Collins	2013	R. Barker
2014	J. Cox	2015	T. Borman
2016	D. Pangburn	2017	Stu Williams*
2018	J. Prudhomme	2019	Carl Hammond
2020	Carl Hammond	2021-22	Tom Dawson*
2023	Ron Irwin	2024	Peter Dreier

* Deceased

CARDS WITH BOB HAIRISTON

The poker group has changed their meeting day. We now play on Monday at 1PM at the Elks. No more Thursdays. Bob's email is forebleepers@yahoo.com



GOLF

Napa SIRS golf is coordinated by both Jim Keller (jimkellerrealestae@icloud.com) and Gary Garver. gdgsirsgolf@yahoo.com Please contact them to get on their lists to be notified of upcoming events. There are weekly golf outings (both 9 and 18 holes) at a variety of courses generally within one hour of Napa.



COFFEE WITH MIKE MINUS BOB

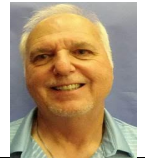
SIRS Coffee Chaos – Caffeine, Banter & Zero Productivity

SIRS Coffee Group

Finally—a group activity that requires *no actual activity*. We meet at Brewed Coffee Shop in the outlet center, grab the communal table at 8:30 AM, and proceed to do... well, basically nothing except sip, chat, and solve the world's problems. We usually drift out around 10 AM—or whenever caffeine, conversation, or patience runs out.

WINE TIPPLERS WITH CHRIS BAILEY

We had to cancel our October tasting due to illness; yet the good news is we are still hosting a Chianti tasting in November with a food pairing! Bring your partners, 6 stemware each and let's have great time together at RiverPointe resort, Napa on 3rd Wednesday in November, see ya there w/ RSVP to me.



WEB PAGE AND FACEBOOK

WALKERS WITH DAVE HENRY

Monday Walkers,

We meet in the East parking lot at Nob Hill Market at the corner of Trancas and Old Soscol. At 8:00 AM we will cross Trancas Ave and will walk the River Walk from Trancas to Lincoln and back. The walk takes about an hour and has beautiful river views with occasional wildlife viewing. The course is level and paved. So, there is no mud or strenuous hills to climb. I hope to see many of you there. Any questions please contact me.

Best Dave Henry

I: dhenry91@comcast.net

Mobile: (707) 227 7413



We are proud website. Note button that will of the new Please look at



of our SIR #149 that there is a be linked to a PDF person application. our site and suggest

any changes you would like to see so that we can make it very user friendly. We encourage all SIRS to keep up with what is happening between newsletters by signing up for Facebook and look at our SIR Branch 149 Facebook page. Also watch the Upcoming Events column and calendar on our website Home Page at www.branch149.sirinc2.org. Please send any happenings, updates, and photos of SIR events to SIR Adrian at napadentist@sbcglobal.net or contact him at 479-4688.

Many apologies if we have issued
anyone's names!
Please let us know if our data-
bases are not correct!

NOVEMBER BIRTHDAYS



NOVEMBER BIRTHDAYS

Dennis	Pangburn	8-Nov-40
Bill	Wheadon	8-Nov-40
Bob	Benning	11-Nov-46
Leroy	Moore	14-Nov-54
Rick	Gandolfo	15-Nov-54
Jim	Pru-	20-Nov-49
Dave	Larson	24-Nov-35
John	Candelo	28-Nov-40
Larry	Pollard	29-Nov-47
Michael	Biggs	30-Nov-46

NOVEMBER ANNIVERSARIES

Michael	Judy	Biggs	1-Nov-86
Dennis	Susan	Pangburn	3-Nov-76
Bill	Betty	Sollows	3-Nov-86
Chuck	Andree	Youngson	19-Nov-83
Alan	Marisa	Miller	22-Nov-92
Byron	Brenda	Petterson	23-Nov-16
Bob	Nancy	Wolfe	29-Nov-79
Jim	Molly	Cheney	30-Nov-13

50+ Years of Wedding Bliss

Ken	Linda	Reed	9-Nov-74
Mike	Cheryl	Bundy	12-Nov-66
Ken	Pam	Hart	23-Nov-63



GOLF GUYS LUNCHEON



20245OFFICERS

Big Sir Peter Dreier 257-3630
 Little Sir Daniel Harder 637-3859
 Secretary George Clark 812-5385
 Asst. Sec Byron Petterson **337-1971**
 Treasurer Bill Clark 253-2477
 Asst. Treasurer Bob Klein 310-5947
 Email branch149@sirinc2.org

DIRECTORS

Tom Atkinson 2nd Year 224-3392
 Neil Barker 1st Year 235-6645
 Rex Williams 1st year **707-255-5834**
 Bob Weeks 2nd Year 255-3482
 John Lansingh 1st year 254-1056
 Ron Irwin Past Big Sir 363-8754

COMMITTEE CHAIRMEN

Attendance Bill Wheadon 224-3901
 Membership Craig Ruess 650-544-3909
 Newsletter Don Krieger 925-548-5714
 Auditors Rex Williams 707-255-5834
 Bill Parks 707-326-9596
 Birthdays Steve Smith 326-3914
 Greeters (open)
 Statistician/Historian
 Dennis Pangburn 224-9231
 PhotosAdrian Fenderson 255-6502
 Parliamentarian Ed Suden 226-5310
 Nominating Chair Ron Irwin 363-8754

HONORARY LIFETIME MEMBERS

Paul Miller Al Brambrink
 Keith Pieper James Schlatter
 Bobbie Hairston Dennis Pangburn
 Ed Suden Adrian Fenderson

DESTINGUISHED SERVICE AWARD

Adrian Fenderson Byron Petterson Mike Murrell
 Carl Hammond Tim Borman Peter Dreier
 Dennis Pangborn Jim Prudhomme Ron Irwin
 Rex Williams

NAPA SIR GOLF Q4 2025**Monday Nov 3rd: Rancho Solano******Wednesday, Nov 5th: Eagle Vines*****Wednesday, Nov 12th: Napa Kennedy*****Wednesday Nov 19th: Paradise Valley******Wednesday, Nov 26th: Vintners GC*****Monday Dec 1st: Blue Rock East******Wednesday, Dec 3rd: Eagle Vines*****Wednesday, Dec 10th: Napa Kennedy*****Wednesday Dec 17th: TBD*******Gary Garver****gdgsirsgolf@yahoo.com - 707.251.9122******Jim Keller****JimKellerRealEstate@icloud.com - 415.827.4904**

NEW SIR ACTIVITY COMING-OCTOBER 20, 2025

MAN CAVE MONDAY

Man Cave Monday! Starting October 20, 2025, 12-2PM Napa

Cigars, 1147 First Street, Napa.

An opportunity to have a cigar and libations with your fellow SIRS.

Fellowship, booze, and smoke. Who could ask for more? No outside cigars or beverages allowed.

Room for 8-10 members each occasion.

Contact Dave Loomis at Loomis.dt@gmail.com if interested and to reserve your spot.

Thank you.

Dave Loomis

415-272-5426



Where am I? Send your answers to dkwonderful@gmail.com to win a terrific prize



SIR bike riders on St. Helena-Calistoga Vine Trail ride with Welcome Napa Valley sign



Bike riders from SIR Brgs. 149 & 65 give their impression of Beatles "Abbey Road" album cover during St. Helena-Calistoga Vine Trail ride



SIR bike riders on St. Helena-Calistoga Vine Trail ride with Bale Mill in background

On October 9th SIR bicycle riders held our Fall St. Helena-Calistoga Vine Trail ride. Riders made the 16 mile ride, stopping half-way for a brown bag lunch at Calistoga's Pioneer Park.



Roving roosters last event in Chico CA

SON'S IN RETIREMENT

WINE VALLEY BRANCH #149

26 RAVENWOOD LANE

NAPA, CA 94558